

Facts of August

August is the 8th month, renamed by the Romans from Sextilis', meaning sixth, to honor their emperor, Augustus.

August is the height of summer time in the temperate zone of the Northern Hemisphere. The longest day of the year is passed, but the hot days remain. In the northern regions and mountains, cool nights and early frosts lets one know that the summer is about to come to an end. In the Southern Hemisphere, August means that winter will soon be over.

The birds are already planning to fly south for the winter. The insects are noisier and more numerous than any other month. This is perhaps the busiest month for businesses, since most people take their vacations in August.

The sardonyx and peridot are the gems of August.

The poppy and gladiolus are the flowers for the month of August.

Missouri became the 24th state, August 10, 1821.

Colorado became a state, August 1, 1876.

The United States annexed Hawaii, August 12, 1898.

Panama Canal opened to traffic, August 15, 1914.

Amendment 19, giving women in the United States the right to vote, proclaimed August 26, 1920.

Gertrude Ederle became the first woman to successfully swim the English Channel, August 6, 1926.

Richard Nixon became the first U.S. President to ever resign from office, August 9, 1974.

Need a Ride

For those who wish to go shopping or just out to lunch, but don't have any transportation available to them at that moment can call for a Plover Taxi. Here is some helpful information to keep handy for just those times for all Plover residents which encompasses the residents of The Windsor.

Taxi Service is available to all Village of Plover residents.

The fee is as follows:

\$1.00 each way for Seniors, Disabled, or Children

\$2.00 each way for anyone else

The taxi will take you anywhere within village limits for the above fee; if going outside the village, there is an additional fee of \$1.00 per mile.

The approximate boundaries are Hwy. HH (North), Grant Avenue (West), Crossroad Commons (East), and Hwy 54 (South).

The 1st -3rd of each month is the highest demand for the taxi service.

No advance notice is necessary. Phone 342-1313.



RESIDENT REMINDERS

- ◆ The pool is open from 10am until 9pm. To gain access to the pool and patio area after clubhouse hrs (10am-6pm), enter through the side gate on the North side of the pool.
- ◆ There are no visiting pets allowed in your apartment or on the premises.
- ◆ Your clubhouse is available by reservation for hosting parties, reunions, or meetings. For more information, inquire at the office.
- ◆ The Resident Referral program is in effect. For each potential resident referred who signs a one year lease, you will receive \$100.
- ◆ We have been talking of implementing some clubhouse events for our residents and need your ideas. If anyone has an idea or would like to host an event, please come see us at the clubhouse office.

IN THIS ISSUE:

<i>Facts of August</i>	1
<i>Need a Ride</i>	1
<i>Resident Reminders</i>	1
<i>Stress Management</i>	2
<i>Recipe Corner</i>	2
<i>Ceiling Fan Tips</i>	2

Stress Management

Stress is what you feel when you have to handle more than your body is used to. When you are stressed, your body responds as though you're in danger. Hormones are produced that speed heart rate, make you breathe faster, and give you a burst of energy.

Some stress is normal and useful, helping you to work hard or react quickly. If stress lasts too long or occurs too often, it can be linked to headaches, upset stomach, back pain, weakened immune system, or trouble sleeping.

According to Web MD, there are ways for you to get your stress under control and manage it. First, identify what is causing so much stress in your life and look for ways to reduce stress. Second, learn some healthy ways for you to lower your stress level.

Here are some examples for you to try in lowering your stress level:

1. Better time management-make a schedule and do the important things first.
2. Find better ways to cope-be honest about what works and what doesn't. Think of other ways that might work better.
3. Take good care of yourself-get plenty of rest, eat well, don't smoke, and limit how much you drink.
4. Ask for help-people who have a strong network of family and friends whom they can go to for help, manage stress better.



We would like to wish all our residents attending or teaching classes, and parents a wonderful and educational school year.

Residents:

We are in the process of creating an on-line newsletter. Please drop off your e-mail addresses if you are interested in receiving "THE WINDSOR LIVING" on-line.

Recipe Corner

Chili Cheddar Pinwheels

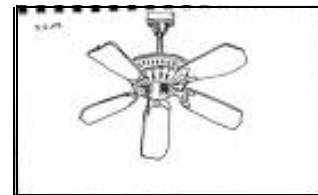
- | | |
|--|-------------------------------|
| 1 pkg 8oz softened cream cheese | 1 cup shredded cheddar cheese |
| 1 can (4oz) drained chopped green chilies | 2 TBSP picante sauce |
| 1/2 tsp chili powder | 1/4 tsp garlic salt |
| 2 tubes (18oz) refrigerator crescent rolls | 1/4 tsp onion powder |
| Additional chili powder, optional | |

In a mixing bowl, beat cream cheese. Add the cheddar cheese, chilies, picante sauce, chili powder, garlic salt, and onion powder. Separate each tube of crescent roll dough into four rectangles; press perforations to seal. Spread about 1/4 cup cheese mixture over each rectangle. Roll up jellyroll style, starting with short side. Wrap in plastic wrap and chill for 1 hour. Cut each roll into eight slices; place on ungreased baking sheets. Sprinkle with additional chili powder if desired. Bake at 350° for 10-12 minutes or until golden brown.

Yield: 64 appetizers

Ceiling Fan Tip From Bob Vila

Running a ceiling fan in the summer can make you feel 4° cooler, even without air conditioning. Remember to run your ceiling fan counter-clockwise in the summer and clockwise in the winter. Ceiling fans cool you, not the room, so shut them off when you are not there.



There is a switch on your ceiling fan in the living room allowing you to change the direction of the fan rotation.